



## CIVIL AIR PATROL NELLIS COMPOSITE SQUADRON

### NEWSLETTER

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VOICE OF THE CAP NCS NV WING

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## SAREX Exercise On TV

**Saturday, Oct. 17, 2009**

**North Las Vegas Airport**

The SAREX (Search And Rescue EXercise) was reported by KVVU-TV FOX NEWS Channel 5. Aaron Healey, photo-journalist rode and reported on the SAREX plane during the Exercise. It was reported by Stefanie Jay-KVVU News Reporter on TV that night.

New Nellis Composite Squadron Member, Lt Col Rick Parker is seen and heard in the introduction along with Major Joe Vallone. Special thanks to Capt Mark Goodman, Nellis Senior Squadron (NLV Airport) Public Affairs Officer and Carolyn Kresser, KVVU Assignment Manager for arranging this video shot.

**Here's the link to the FOX 5  
News story from Sat. Oct. 17**

**<http://www.fox5vegas.com/video/21344862/index.html>**

**This Is What We Do**

## New Member Lt Col Rick Parker



Lt Col Jay Roberts (left) congratulates and presents CAP hat to Lt col Rick Parker formerly of the Nellis Senior Squadron. Lt Col Parker has extensive experience as a retired USAF active duty Colonel. Lt Col Parker's Wife, Terri is also a retired USAF Colonel. We are looking forward to seeing her at our Meeting soon. You can see Lt Col Rick Parker in action at the hyperlink in the first/left column.

**Welcome**

## Mrs. Mac's Corner



**C/Amn Patrick Casa** (center) passed his Wright Brothers Achievement test with a 100% SCORE. This also earns him a FREE PIZZA. Cadet Casa is flanked on the left by Lt Col Roberts and Mrs. Victoria McLaughlin, Squadron Test Administrator.

Mrs. McLaughlin reports 9 TESTS TAKEN and 8 TESTS PASSED (89%). Further, 4 Wright Brothers tests passed and 4 new C/SSgt's.

**Next Achievement Testing;**

**Nov 10, first period.**

**This Is What Our Cadets Do**

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## Past DC-C Relocating



**1<sup>st</sup> Lt George Tolis** (right) is presented by Lt Col Roberts for his farewell speech. Lt Tolis was the NCS Deputy Commander-Cadets last year. He is active duty 1<sup>st</sup> Lt., USAF. He has worked hard with the Cadets in training, Color Guard and parades among other things.



NCS archive file photo '08  
Summerlin 4<sup>th</sup> of July Patriotic Parade, 2008.  
1<sup>st</sup> Lt Tolis (right) directing.

**Farewell And Best of Luck**

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**2d Lt Jorge Torres**

**EMT-P, 2s 2d Lt, CAP**

**NCS Health Services  
Officer**

## **What You Need To Know About The Flu**

With all the recent talk about the H1N1 virus (Swine Flu), it is important to remember that the “regular” flu season is close at hand. The Centers for Disease Control recommends the same measures in preventing the spread of either virus. The number one recommendation is *proper* hand washing. Follow these steps to get it right every time:

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

Other recommendations include:

- Don't go to work/school if you have a high fever -100° or higher- see your doctor instead
- Follow coughing etiquette

For more information visit the

NCS Safety website at:

<http://sites.google.com/site/ncssafety>

## **Safety Notice**

CAPR 62-2 requires that each squadron have a Safety Stand Down day to cover Basic Operational Risk Management and other topics. If you were unable to attend the meeting of 20 October, please follow the link below, go through the Basic ORM presentation, and then take the test (if you haven't yet) on the CAP Members site under the Safety heading. All members need to comply with this per CAP regulation.

The presentation will also be posted on the Safety Board in the squadron's administration office until the end of the month. Members found out of compliance by 31 October, will be unable to participate in squadron activities until compliance is met. Please contact me if you have any questions or concerns.

Go to:

<http://sites.google.com/site/ncssafety>

**Jorge Torres, 2Lt, CAP**

**NCS Safety Officer**

## **Stay Safe**

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## **15 units, 3 countries converge on Nellis AFB for Red Flag**

**By Tech. Sgt. Chris Stagner, USAF, Red Flag Public Affairs**

Nearly 1,300 service members, more than 80 aircraft and 15 units from three countries converged on Nellis Air Force Base, Nev., for the start of Red Flag 10-1 on Oct. 19. American, Norwegian and Dutch airmen and soldiers comprise the Allied team in the exercise.

"The exercise is a great opportunity for people to get out of their comfort zones and fight a war at a rapid pace," said Col. Ellwood Hinman, 23rd Fighter Group commander at Moody AFB, Ga., deployed to Nellis as the Red Flag air expeditionary wing commander. "What you may have done in previously deployed locations was certainly great, but it's not what you're doing here. This Red Flag provides us the opportunity to maximize training throughout its duration."

The key benefit for most fliers is removing themselves from the vacuum of normal operations. "We learn to integrate with other platforms as part of a large force to accomplish the mission," said Capt. Eddie Cannon, deployed from the 494th Fighter Squadron at Royal Air Force Lakenheath, England. "That's not something we normally get to do." The exercise doesn't just include a team forming an air expeditionary wing and going through the motions. Those here as a part of Red Flag deal with a full-up aggressor force.

Known as the Red Force, aggressors are trained to challenge Red Flag participants on all aspects of war and serve as enemy pilots, space jammers, cyberspace infiltrators, and even dig through trash on occasion to challenge their Blue Force counterparts.

"We're trying to keep the focus on the big picture," said Lt. Col. Mike Rider, 414th Combat Training Squadron director of operations. "We're set up to challenge all our assets in full spectrum operations. Our aggressors are professionals, and they will challenge you."

The ability to receive the training comes from more than 12,000 square miles of air space and 2.9 million acres that make up the Nevada Test and Training Range.

"The NTTR is a national treasure," said Colonel Rider. "It's a massive piece of land where we can fight and get things done."

Even in the midst of pushing people to their limits to prepare them for war, safety is reiterated as the most important part of the exercise. "We're doing things fast, but procedures come first and foremost," said Lt. Col. Mark Ciero, AEW deputy commander, deployed from the 48th Operations Group at RAF Lakenheath. "There's nothing we should be doing here that compromises safety and gets someone hurt."

Sent by Lt Col Bryan Dinsmore  
from "News of the Force" email edition on 10/23/09

## **NCS Officers Oct. 2009**

Photo by Larry Crisp

